



“Facts WIC Participants Should Know About the Missouri Farmers’ Market Nutrition Program.”

What is the FMNP?

The Farmers' Market Nutrition Program (FMNP) is a federally funded program to provide eligible women, infants and children with checks that can be exchanged for eligible foods at Farmers' Markets.

What is the purpose of the FMNP?

- To provide a source for unprocessed, fresh fruit, vegetables, and culinary herbs to eligible WIC participants.
- To increase the awareness of, and sales at, local authorized Farmers’ Markets.

Who is eligible for FMNP benefits?

- Pregnant, breastfeeding and post-partum women, infants older than six months and children up to the age of five who are already eligible for WIC Special Supplemental food benefits.
- Have an annual income at or below 185% of the Federal poverty guidelines: \$18,130 for a single individual and \$25,327 for a married couple.
- Live in one of the following counties: Jackson, Oregon or Washington.

What are the benefits of the FMNP?

Each approved household will receive six (6) checks worth three (3) dollars each, for a total of eighteen (18) dollars. The checks can be redeemed for locally grown fresh fruits, vegetables, and culinary herbs at Farmers’ Markets authorized by the Department to participate in the Farmers’ Market Nutrition Program.

Where eligible participants use the checks for the FMNP?

- The City Market and Bannister Federal Complex Farmers’ Market in Kansas City, Missouri
- Blue Springs Farmers’ Market in Blue Springs, Missouri
- Independence Farmers’ Market in Independence, Missouri
- Ozark Farmers’ Market in Thayer, Missouri
- Washington Farmers’ Market in Potosi, Missouri

Who has administrative responsibility for the FMNP?

The Missouri Department of Health and Senior Services
WIC and Nutrition Services
930 Wildwood Drive
Jefferson City, Missouri, 65102-570
1-800-392-8209 or 573-751-6204.

www.dhss.mo.gov

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FMNP APPROVED FOODS LIST

FRUITS

Apples	Apricots	Blackberries	Blueberries	Cantaloupe
Cherries	Gooseberries	Grapes	Nectarines	Peaches
Pears	Plums	Raspberries	Strawberries	Watermelon

VEGETABLES

Artichokes	Asparagus	Beans***	Beets	Broccoli
Brussels Sprouts	Cabbage*	Carrots	Cauliflower	Cucumbers
Eggplant	Garlic	Leeks	Greens	Lettuce
Horseradish	Turnips	Onions	Peas***	Peppers**
Mushrooms	Okra	Rhubarb	Spinach	Squash**
Potatoes	Radishes	Tomatoes	Tomatillos	Sweet Corn
Sweet Potatoes	Zucchini			

EDIBLE (CULINARY) HERBS

Basil	Chives	Costmary	Dill
Marjoram	Oregano	Parsley	Rosemary
Salad Burnet	Savory	Tarragon	Thyme

*ALL VARIETIES

**EDIBLE VARIETIES ONLY

***FRESH, NOT DRIED

What is a Serving?



1 medium-sized piece of fruit (e.g., banana, apple, orange, pear)



1 cup raw, leafy vegetables (e.g., lettuce, spinach) or salad



1/2 cup cut-up fresh fruit or canned fruit, canned in its own juices



1/2 cup cooked or canned vegetables



3/4 cup (6 fluid ounces) 100% fruit juice



3/4 cup (6 fluid ounces) 100% vegetable juice



1/4 cup dried fruit (e.g., raisins, dried apricots, prunes)



1/2 cup cooked or canned beans, peas or lentils